

## Injuries are the #1 threat to your child's health. Use these safety tips to keep your child safe.

## **Car Safety Tips**

- If your child is under 1 year and weighs under 20 pounds, use an infant seat or a rear-facing convertible seat.
- If your child is 1-4 years old and weighs 20-40 pounds, use a forward-facing seat/convertible seat.
- If your child is 4-8 years old and weighs 40-80 pounds, use a booster seat.
- All children under 12 years old should ride in the back seat.
- Adults should always wear their seat belts, even in the back seat, because children follow your example.
- Never leave a child alone in a car. A closed car can overheat in a few minutes and your child could die.

For more information, please contact the Massachusetts Department of Public Health, Injury Prevention and Control Program at (617) 624-5070; or our website at: www.state.ma.us/dph/fch/injury/index.htm